

Tips for Looking for an Adult Day Center

What services do they offer for persons with Alzheimer's Disease or related dementias?

While many adult day care programs focus on people with dementia, many elderly people can benefit. Day care programs may provide:

- | | |
|---------------------|------------------------------------------------|
| *social activities | *counseling |
| *meals | *transportation |
| *recreation | *medical help |
| *emotional support | *exercise |
| *education | *therapies: occupational, physical and speech. |
| *mental stimulation | *personal care such as bathing and shaving |

What services do they offer for the families of those with dementia or Alzheimer's?

Adult day care offers benefits to families as well as care recipients. For families, adult day care provides:

- assistance with care
- relief from care
- reassurance
- short- or long-term care
- services at affordable prices
- transportation to and from the facility.

What is the daily cost of adult day centers?

The average cost of adult day centers is \$40 or \$50 per day, but can vary considerably depending on your location. Medicare does not cover this cost. Although the cost is significant for most, many believe it is worth the price. Depending on the center and your needs, your loved one can attend 2-3 days a week or 5 days a week.

How do you find a day center close to you?

- Call ServiceLink (Toll Free at 1-866-634-9412) for the centers nearest you
- Your family doctor
- Local social services or health department
- Mental Health Centers
- Local senior center

Begin making calls to the adult day centers in your area.

Call for fliers, eligibility criteria, monthly activity calendar, a monthly menu and application procedures. Review the materials looking for the following:

- Who is the owner or sponsoring agency?
- How many years have they been in operation?

- Are they licensed or certified?
- What are the hours of operation?
- What days are they open?
- Is there door to door transportation?
- What is the menu?

Visit the day centers that meet your needs.

It is recommended that the person who will be attending and the caregiver come in and take a tour of the facility. Some questions to ask yourself and/or the staff during your visit:

- Is the facility cheerful?
- Is the staff friendly?
- What services and activities do they offer?
- What is the cost?
- What is expected of caregivers?
- Do they offer transportation door-to-door?
- What are their hours of operation?
- Is the facility clean and odor free?
- Do volunteers help out?
- Are participants involved in planning activities or making other suggestions?
- Are the persons with Alzheimer's Disease treated with respect?
- Is there a place to isolate sick persons?
- Is the furniture comfortable, sturdy and suitable for the person with Alzheimer's Disease?
- Is the facility wheelchair accessible?
- What is the staff/participant ratio?
- What are the credentials of the staff?

Check references

Check references by talking to two or three people who have used the center you are considering.

Try it out

Choose the day center that meets your needs and the needs of the individual with Alzheimer's Disease. Remember that it may take many visits before the participant feels comfortable and adjusts to the new setting and routine. Talk with the staff about how to make the transition easier.